



## *The Sweet Success Program*

**What is Sweet Success?** Sweet Success is an outpatient medical management program for women who have:

- gestational diabetes or
- diabetes and want to become or are already pregnant.

The program is administered by the Maternal, Child and Adolescent Health Branch of the California Department of Health Services.

### **Who are the professionals at Sweet Success?**

Sweet Success provides services by a team of diabetes experts:

- registered dietitian,
- nurse,
- social worker or behavioral medicine specialist, and
- doctor.

**What is a Sweet Success care plan?** The Sweet Success team develops a plan to help the client:

- control her blood sugar,
- make healthy eating choices,
- be physically active,
- deal with stress and worries, and
- manage her weight.

**Where can I get more information about Sweet Success?** Take a look at the following websites:

[www.mch.dhs.ca.gov/programs/cdapp/](http://www.mch.dhs.ca.gov/programs/cdapp/)  
or  
[www.llu.edu/llumc/sweetsuccess/](http://www.llu.edu/llumc/sweetsuccess/)



## *Why Is Diabetes a Concern?*

Uncontrolled blood sugar during pregnancy puts the woman at risk for:

- cesarean section,
- pregnancy induced hypertension,
- premature delivery, and
- developing type 2 diabetes.

Uncontrolled blood sugar during pregnancy may put the baby at risk for:

- birth injury,
- nerve damage to face and arms,
- stillbirth,
- low blood sugar after birth,
- jaundice,
- other blood abnormalities,
- obesity later in life, and
- diabetes later in life.



## *How Can You Support Sweet Success Clients at WIC?*

WIC staff can support Sweet Success clients by:

- modifying the food package, if needed.
- using the *Shopping Guide* to recommend best food choices.
- providing education consistent with the education given by the Sweet Success team. For example, do not hand out materials that allow fruit juice in the diet.
- encouraging participants to discuss any problems or confusion about diet with their Sweet Success team.
- contacting the Sweet Success provider to share any concerns you have regarding the participant's understanding of her diet.
- encouraging all pregnant women to attend their postpartum medical care appointment.
- referring participants with diabetes, or a history of diabetes, for pre-pregnancy care.



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